REFERENCES :-

Desai, B.P**.** (1994). Influence of Yogic Treatment of Serum Lipase Activity in Diabetes. *Yoga-Mimamsa. Lonavla*. 23(3): pp- 1- 8.

Gore, M.M. (1987). Yogic Treatment for Diabetes. *Yoga Mimamsa Lonavla*: 26(3).

Gore, M.M. (1994).Yogic treatment for diabetes. *IInd National Conference on Yoga Therapy*. New Delhi, p- 6.

Krook, A. (2003). Reduction of risk factors following lifestyle modification programme in subjects with type 2 (N.I.D.D.M.). *Clinical Physiology of Function Imaging. Stockholm, (Sweden),* 23(1): pp- 21-30.

Malhotra, V. (2002). Effect of Yoga Asana on Nerve Conduction in Type 2Diabetes. *Indian Journal of Physiology and Pharmacology*. 46(3): pp-298-306.

Malhotra V. (2002). Study of yoga asana in assessment of pulmonary function in NIDDM patients. *Indian Journal of Physiology and Pharmacology.* Delhi: 46(3): pp- 313-320

Moorthy A.M. (1987). Effect of selected yogic practices on blood sugar level of the diabetic patients. *Proceeding of ICYR. Article* no. 20, pp-175-180.

Perry T.L. (1997). Lifestyle intervention in people with insulin-dependent diabetes mellitus. *Journal of Clinical Nutrition*. University of Otego, (New Zealand): 51(11): pp-757-763.

Sahay B.K (1988). *Long term follow up studies of 30 Diabetics on Yogic practices.* Yoga mimamsa. Lonavla: 27(1): pp-20-21.

Singh S. (2004). Role of yoga in modifying certain cardiovascular functions in type 2 diabetic patients. *Journal Association Physicians of India. Delhi*: 52: pp-203-206.

Varendani N.(1988). Yoga- the Science of Holistic Living. *Vivekananda Kendra Patrika. Madras:* 17(2): p- 238.

Kaul H. Kumar (1986): *Yoga For Health*. New Light Publication,

Kaivalayananda Swami (1993) *Yogasanas,* Kaivalyadhama, . Lonavla,Pune.

Revishankar N.S.(2002): *Yoga for Health*, Pustak mahal , Delhi.

Rajeshwari (2003):*Nature cure at Home,* Pustak mahal,pp 14 .

Pandit Shambhunath (1998)*Speaking of Yoga* Sterlingpublication, New Delhi.

Pal S.and Aggarwal D.D. (2003). *Yogasanas & Sadhana,* Pustak mahal, Delhi.

Bera T.K. and Sharma B.R.(2006) Abstracts *V*th *International Conference on Advances in Yoga Research,* Education,Therapy.

Dr. Anis Ahmed Khan
Supervisor

Keshav B. Chatule
Resercher